

## NACDD Chronic Disease Competency Learning Opportunities

The National Association of Chronic Disease Directors (NACDD) offers a variety of free opportunities for workforce development throughout the year. Development activities are designed to address each of the [chronic disease competency areas](#) at different leadership levels. To use this document, please follow these steps:

1. Review each section of your [Competency Assessment](#) results.
2. Identify the sections of the Competency Assessment where you have room for growth that align with important competencies for your job.
3. Select learning opportunities from this list that are aligned with the Competency Assessment sections you identified in #2 above.

All Members							
	Build Support	Design and Evaluate Programs	Influence Policies and Systems Change	Lead Strategically	Manage People	Manage Programs and Resources	Use Public Health Science
<a href="#">Arthritis Council Technical Assistance and Peer Sharing Webinars</a>	•	•				•	•
<a href="#">Building Resilient Inclusive Communities Webinar Series</a>	•	•	•	•			•
<a href="#">Chronic Disease Academy*</a>	•	•	•	•	•	•	•

^Chronic Disease Directors only

\*CDD approval required

+CDD participation and approval required



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	Build Support	Design and Evaluate Programs	Influence Policies and Systems Change	Lead Strategically	Manage People	Manage Programs and Resources	Use Public Health Science
<a href="#">Evaluation Peer Network</a>	•	•					•
<a href="#">Evidence Based Public Health Courses*</a>	•	•	•			•	•
<a href="#">Foundations of Health Equity: Creating a Culture of Health for All*</a>	•	•	•	•	•	•	•
<a href="#">GEAR Groups</a>	•	•	•	•		•	•
<a href="#">General Member Webinar</a>	•	•	•	•	•	•	•
<a href="#">Journal Club</a>	•	•	•	•	•	•	•

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	Build Support	Design and Evaluate Programs	Influence Policies and Systems Change	Lead Strategically	Manage People	Manage Programs and Resources	Use Public Health Science
<a href="#">Leadership Basics Series</a>	•		•	•	•	•	•
<a href="#">Leadership Case Stories</a>	•	•	•	•	•	•	•
<a href="#">Leadership Literature Library</a>	•	•	•	•	•	•	•
<a href="#">NACDD Government Affairs Forum Monthly Call</a>	•		•				
<a href="#">NACDD Health Equity Council</a>	•		•	•			•
<a href="#">NACDD Newsletters</a>	•	•	•	•	•	•	•
<a href="#">Online Learning Modules</a>	•	•	•	•	•	•	•
<a href="#">Partner Engagement Learning Labs*</a>	•		•	•			•

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All Members							
	Build Support	Design and Evaluate Programs	Influence Policies and Systems Change	Lead Strategically	Manage People	Manage Programs and Resources	Use Public Health Science
<a href="#">STAR+</a>	•			•			
<a href="#">Topic Specific Councils</a>	•		•				•
<a href="#">Walkability Action Institute Alumni Community of Practice</a>	•		•				

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### Chronic Disease Directors Only

	Build Support	Design and Evaluate Programs	Influence Policies and Systems Change	Lead Strategically	Manage People	Manage Programs and Resources	Use Public Health Science
<a href="#">Chronic Disease Directors Forum</a>	•	•	•	•	•	•	•
<a href="#">Mentoring</a>	•			•	•	•	
<a href="#">New Chronic Disease Directors Orientation</a>			•	•		•	
<a href="#">Regional Network Meetings/ Pacific Chronic Disease Council</a>	•	•	•	•	•	•	•
<a href="#">Regional Representatives Committee</a>	•	•	•	•	•	•	•
<a href="#">Thought Leader Round Tables</a>	•		•	•	•	•	

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## Professional Development Opportunity Descriptions

### Arthritis Council Technical Assistance and Peer Sharing Webinars

**Time Commitment:** 60-minute monthly webinars (except for January and July, which are Arthritis Council Member only webinars)

The NACDD Arthritis Council hosts ten (10) webinars per year focused on specific topics identified through an annual needs assessment of CDC-funded state and national arthritis programs. These webinars aim to increase capacity of state arthritis program staff and partners to effectively address arthritis public health priorities by providing technical assistance, resources, tools, and an opportunity to share best practice approaches to promoting arthritis-appropriate evidence-based interventions (AAEBI), while also providing a platform for peer-to-peer learning and sharing. The webinars are held every first Tuesday from 2:00 – 3:00 p.m. ET. Access [past recordings](#) or contact [arthritis@chronicdisease.org](mailto:arthritis@chronicdisease.org) to learn more.

### Building Resilient Inclusive Communities Webinar Series

**Time Commitment:** 90-minute monthly webinars

The Building Resilient Inclusive Communities (BRIC) monthly webinar series is designed to build capacity and increase resiliency of states and their community partners to address food and nutrition security, safe physical activity access, and social connectedness through a policy, systems, and environmental change lens in communities at highest risk. Social determinants of health, health equity, and social justice principles are integrated into all webinars, in addition to accounting for the impact of the COVID-19 pandemic. The webinars are held every fourth Wednesday from 2:00 – 3:30 p.m. ET. Access [past recordings](#) or contact [BRICinfo@chronicdisease.org](mailto:BRICinfo@chronicdisease.org) to learn more.

### Chronic Disease Academy\*

**Time Commitment:** 3 days plus travel time

Chronic Disease Academy is a multi-day, in-person educational event. The Academy provides opportunities for participants to learn from leaders in the field and showcase their work through plenary sessions, half-day workshops, and breakout sessions. There are a limited number of spaces available to each state and territory. \*Requires CDD Approval

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### Chronic Disease Directors Forum<sup>^</sup>

**Time Commitment:** One 60-minute meeting monthly

This monthly video meeting is an opportunity for peer learning, sharing, and support among Chronic Disease Directors (CDDs). Sessions include learning modules and peer discussion. Sessions are held 3-4pm ET on the first Thursday of each month, with no webinar scheduled for January or July. All CDDs should have a standing calendar invite for the event. If not, please contact [CPhL@chronicdisease.org](mailto:CPhL@chronicdisease.org) to be added to the list.

### Evaluation Peer Network

**Time Commitment:** One 60-minute meeting every other month

The Evaluation Peer Network is made up of evaluators involved in programs sponsored by CDC's Division for Heart Disease and Stroke Prevention, including 1815/1817, WISEWOMAN, and the Paul Coverdell Acute Stroke Program, as well as 1815/1817 Category A evaluation sponsored by CDC's Division of Diabetes Translation. This group provides evaluators with a community for exchanging tips and best practices; helps to improve evaluation capacity among CDC-funded recipients by providing opportunities for networking, information exchange, peer mentoring, and training; and supports improved coordination between program and evaluation staff.

### Evidence-Based Public Health Course\*

**Time Commitment:** One 2-hour session weekly over 10 weeks

The Evidence-Based Public Health Course focuses on nine specific content areas to improve public health practice. These skills act as a framework for the course. Through presentations, practice exercises, and case studies, the course emphasizes application of skills and helps participants make use of information that is readily available to busy practitioners.

### Foundations of Health Equity: Creating a Culture of Health for All\*

**Time Commitment:** The in-person version of the training is two days long; the virtual version is split into 2–3-hour segments based on state preference.

This two-day course is designed to build community capacity to advance health equity. The training is delivered in-person or virtually and ends with a Call-to-Action. During this training, facilitators review common terms and concepts used to promote health equity. Participants explore social determinants of health, understand disparities in birth and maternal outcomes, apply health equity strategies to case scenarios, and enhance their knowledge and skills around applying a health equity lens. Participants will build capacity to support actions that address health disparities through policies, programs, and practices. Note there is a cost associated with this training.

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## GEAR Groups

**Time Commitment:** One 90-minute session weekly for 4 weeks

GEAR Groups are peer-to-peer, case-based, action learning opportunities. Groups work as a cohort and meet once per week for 90 minutes for 4 weeks. Meetings are facilitated conversations among participants requiring preparation and active participation. Topics for each specific GEAR Group are chosen based on Member interests. Registration for sessions opens 1-2 months before each group launches.

## General Member Webinar

**Time Commitment:** 60 minutes per webinar

NACDD's General Member Webinar series addresses a wide variety of emerging public health topics throughout the year. Details are shared via NACDD email to all Members in advance of each event. These webinars are open to all; register for each webinar to get the Zoom link to attend. Webinars are held 3-4pm ET on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month. Webinar recordings are also available [online](#) to watch if you are not able to attend during the live webinar.

## Journal Club

**Time Commitment:** One 30-minute session monthly

Journal Club is a monthly opportunity to participate in discussion with peers and NACDD staff and consultants about a reading or podcast about leadership, management, public health practice, emerging public health trends, or new research findings. Journal Club meets on the 3<sup>rd</sup> Thursday of each month at 3pm ET. To be added to the monthly calendar invite, please email [CPHL@chronicdisease.org](mailto:CPHL@chronicdisease.org).

## Leadership Basics Series

**Time Commitment:** Self-paced online. Access available at <https://chronicdisease.org/page/odls/>

This series of online learning modules are self-paced, on-demand modules that cover topics such as systems thinking, change management, influence without authority, succession planning, organizational capacity, emotional intelligence, leading through change, leadership vs. management, budgeting, facilitation, design thinking, and equity.

## Leadership Case Stories

**Time Commitment:** Self-paced online. Access available at [https://chronicdisease.org/page/CDDF\\_LiteratureLibrary\\_and\\_CaseStories/](https://chronicdisease.org/page/CDDF_LiteratureLibrary_and_CaseStories/)

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These leadership case stories highlight promising practices in leadership and management of chronic disease prevention and health promotion. This collection of stories features the work of various state health departments; many also connect to STAR Framework components. Case story topics include partnerships to address Adverse Childhood Experiences, bi-directional collaboration to advance Public Health 3.0, leadership to create a culture of results, organizational capacity building, and more.

### Leadership Literature Library

**Time Commitment:** Self-paced online. Access available at

[https://chronicdisease.org/page/CDDF\\_LiteratureLibrary\\_and\\_CaseStories/](https://chronicdisease.org/page/CDDF_LiteratureLibrary_and_CaseStories/)

The resource library of literature pertaining to leadership development is designed to support Chronic Disease Directors and emerging leader chronic disease unit staff in improving operational capacity, such as policies and plans, administration and management, and quality improvement. The featured articles are selected from peer-reviewed literature, such as the Journal of Public Health Management and Practice and American Journal of Preventive Medicine, and align with organizational capacity development best practices. Each article in the Leadership Literature Library includes related NACDD competencies, a summary of the article, and reflection questions to further explore the application of the described practices to public health work.

### Mentoring<sup>^</sup>

**Time Commitment:** 60-minute biweekly sessions for 4 months

The Chronic Disease Directors Mentoring Program is designed to provide opportunities for building leadership capacity among new Chronic Disease Directors (CDD) in chronic disease prevention and health promotion by connecting them with CDDs with advanced practice in leadership and management. Through one-on-one interactions with a mentor, mentees will receive practical advice, guidance, and support to develop their leadership competencies further. This program will offer opportunities to exchange ideas and build upon past experiences while networking.

### NACDD Government Affairs Forum Monthly Call

**Time Commitment:** 60-minute monthly meetings

NACDD Government Affairs Forum monthly calls provide up-to-date information on the status of NACDD advocacy efforts and current policy news from Washington, D.C. On the calls, participants hear from NACDD's leadership as well as consultants from Cornerstone Government Affairs about NACDD's efforts to educate and engage legislators and policymakers about improving the resources available for chronic disease prevention. The calls are held every third Tuesday at 1 p.m. ET. To learn more, contact [Liz Ruth](#), State Policy Analyst.

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## NACDD Health Equity Council

**Time Commitment:** 60-minute monthly meetings

The Health Equity Council (HEC) is comprised of Chronic Disease Directors who are committed to engaging state health department staff and teams in the collective pursuit of equity. Chronic disease prevention and health promotion practitioners are working through NACDD's Health Equity Council to address the root causes of health disparity and to create opportunities for applying health equity principles to public health practice. The Council works to support states in building capacity to address chronic disease disparities. The HEC focuses on educating state chronic disease and health promotion practitioners about the impact of the social determinants of health on population health outcomes and on identifying gap issues for the purpose of providing training, resources, tools, and technical assistance. The Health Equity Council meets monthly, providing an opportunity for workgroup(s) updates, strategic planning, and support.

## NACDD Newsletters

**Time Commitment:** Self-paced online.

NACDD disseminates several newsletters that Members can subscribe to.

Contact [Members@chronicdisease.org](mailto:Members@chronicdisease.org) for more information and to subscribe. The following newsletters are available:

- Impact Brief – NACDD's monthly newsletter
- Legislative and Policy Newsletter - Weekly newsletter that provides up-to-date information on the federal appropriations process and other chronic disease policy issues
- The Connector – Diabetes prevention and control
- Off the Cuff – Cardiovascular health

## New Chronic Disease Directors Orientation<sup>^</sup>

**Time Commitment:** One 60-minute session weekly for 4 weeks

New Chronic Disease Directors (CDDs) are invited to a cohort-based orientation that meets once a week for 60 minutes for four weeks. Topics include an orientation to NACDD, overview of the national landscape in chronic disease work, and time learning from experienced CDDs and connecting with new CDD peers. New CDDs will receive an email invitation to the program. This orientation is offered multiple times per year. New CDDs are encouraged to participate within the first year in their role.

## Online Learning Modules

**Time Commitment:** Self-paced online. Access available at <https://chronicdisease.org/course-catalog/>

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These include six self-paced courses that address chronic disease competencies, are interactive, and most take less than 45 minutes to complete. Topics include: Generations Working Together in Public Health, Working with Elected Officials, Writing Effective Emails in Public Health, Using the NACDD Legislative Tracker, Making Virtual Work “Work”, and Leading Virtual Meetings.

### Partner Engagement Learning Labs\*

**Time Commitment:** Seven 90-minute virtual sessions over several months plus partner work between sessions

Partner Engagement Learning Labs are a series of interactive sessions connecting subject matter experts, state peers, and invited partners to learn about, use, and adapt NACDD’s Virtual State Engagement Model tools and resources by designing and implementing a state-specific partner engagement approach and sharing lessons learned with other participating states.

### Regional Network Meetings/Pacific Chronic Disease Council^

**Time Commitment:** One 60-minute virtual session quarterly

These quarterly meetings are a chance for CDDs to connect with peers working in their geographic region. Each meeting has a specific discussion focus and a policy update section; all meetings emphasize networking, peer learning, and resource sharing.

### Regional Representatives Committee^

**Time Commitment:** One 60-minute session quarterly with minimal work between sessions

The Regional Representatives Committee is a Committee of the NACDD Board comprised of Chronic Disease Directors. The Committee meets quarterly to discuss a wide range of topics pertinent to Chronic Disease Directors, to inform NACDD programming and projects, and to collaborate with CDC. Representatives bring regional feedback to the quarterly Committee meetings. Representatives serve a two-year term on the Regional Representatives Committee. If you are interested in serving on the Regional Representatives Committee, please contact [CPLH@chronicdisease.org](mailto:CPLH@chronicdisease.org).

### STAR+

**Time Commitment:** One 60 to 90-minute virtual session monthly with work in between sessions for 6 months

STAR is a rapid cycle organizational development model for improving effectiveness and efficiency in state health department chronic disease prevention and health promotion practices. STAR is based on a

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## NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS

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quality improvement approach. State implementation includes building a shared understanding of organizational capacity, conducting a unit-wide self-assessment, identifying opportunities for improvement, and developing and implementing a rapid cycle (60-90 day) action plan. States are supported through coaching and peer learning opportunities.

### Thought Leader Round Tables<sup>^</sup>

**Time Commitment:** 6 hours over 3 days virtually or one day meeting in-person

The National Association of Chronic Disease Directors' Thought Leader Round Table model is designed to facilitate discussion between Chronic Disease Directors and national partners on emerging public health issues and create opportunities to develop actionable steps to further progress in those areas. Participation is by invitation. Thought Leader Round Tables may happen virtually or in-person.

### Topic Specific Councils

**Time Commitment:** Varies

NACDD coordinates many topic-specific Councils that convene to support implementation, networking, and professional development among program staff from across state and jurisdiction programs. Please contact [members@chronicdisease.org](mailto:members@chronicdisease.org) for general information about the Councils. Specific Councils and contacts are listed below.

- o Arthritis Council – First Tuesday, 2 pm ET. Contact: Heather Murphy, [hmurphy\\_ic@chronicdisease.org](mailto:hmurphy_ic@chronicdisease.org)
- o Cancer Council – Third Thursday, 3 pm ET (Jan., April, July, Oct.). Contact: [cancercouncil@chronicdisease.org](mailto:cancercouncil@chronicdisease.org)
- o Cardiovascular Health Council – Fourth Wednesday, 1 pm ET (Jan., April, July, Oct.). Contact: [healthsystems@chronicdisease.org](mailto:healthsystems@chronicdisease.org)
- o Diabetes Council / Diabetes Council Leadership Group – Second Thursday, 2 pm ET. Contact: [nacdd.diabetes@chronicdisease.org](mailto:nacdd.diabetes@chronicdisease.org)

### Walkability Action Institute Alumni Community of Practice

**Time Commitment:** 75-minute bi-monthly meetings, third Tuesday of the month

The Walkability Action Institute (WAI) Alumni Community of Practice (CoP) group is a peer group for any local-, regional-, or state-level alumni participant of NACDD's WAI or Walkability Virtual Academy (WVA). Over the last eight years, a total of 77 local, regional, or state interdisciplinary teams from 32 total states have successfully participated in the WAI/WVA. This CoP serves as a space for alumni participants to learn, share, mentor, and network with one another for peer-to-peer technical assistance on macro policy, systems, and environmental change strategies tied to walkability- and movability-related outcomes, as well as community and transportation design improvements. The meetings are held bi-monthly on the third Tuesday of the month from 3:00 – 4:15 p.m. ET. To learn more, contact [Karma Edwards](#), Public Health Consultant with the Center for Advancing Healthy Communities.

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